

# *Sheppard Air Force Base*

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"Integrity First, Service Before Self, and Excellence in All We Do"

**February 2018**

**Community Board**



**Brig. Gen. Ronald E. Jolly Sr. - Commander**

**Col. Scott Belanger - Vice Commander**

**82 TRW**

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# ***RTA TRAINING***



**Feb 6-7-8 2018 RTA training bldg. 920 room 300-306 --- 0730 - 1630**

Resilience Trainer Assistant (**RTA**) course. Using the informal lecture method, instructors introduce students to the scientific research and theories from which the resilience skills derived.

**Sign up on:**



**Better  
“You”  
-niversity**



# ***MRTC - MTT***



**Marc 5-9 2018 MRTC MTT -- 0800 – 1630 may change depending on trainers.**

The Master Resilience Trainer Course (**MRTC**) is a collaborative learning environment. Students build upon existing knowledge of the skills acquired during Resilience Trainer Assistant (**RTA**) by learning the scientific research supporting the resilience skills.

Upon graduation, military graduates' records are updated to reflect award of the Special Experience Identifier (SEI) for Master Resilience Trainer (Enlisted SEI: 107; Officer SEI/Experience Set: YAB).

**Block I** of instruction on **Days of Training (DOT) 1-3**. students build upon the information they received at the unit during the **Resilience Trainer Assistant (RTA) course**.

**Block II** of instruction on **DOT 4**. It focuses on developing the MRT as an effective trainer.

**Block III** of instruction s on **DOT 5**. Students participate in critically think about lesson principles and **apply those principles in a series of individual and group activities facilitated by an instructor**.

Applicants must complete 3  
day RTA be nominated by Lead  
MRT and Commander

**Sign up on:**

**Better**  
"You -niversity



# *Enhancing You*



- Better “You”-niversity provides everyone an opportunity to learn more at your pace. It utilizes Appointment Plus for scheduling and tracking progress
- Appointment Plus is a user-friendly server that doesn’t require a DOD CAC enabled computer for login
- Access Appointment Plus through the Sheppard AFB home page or by following the links below



**Better  
“You”  
-niversity**

<http://www.sheppard.af.mil/>

<https://booknow.appointment-plus.com/6sr7p3mm/>

**MSgt Brion Kennedy 365 TRS/TTF 676-3466 or MSgt Brandon McCurdy 365 TRS/TTFB 736-1701  
Ms. SHERI WARD, 82 TRW/CVB <sheri.ward@us.af.mil>**

Target audience includes all Active Duty Services, Reservists, Guard, Civilians and Spouses/Dependents



# Community Board

## FEW(RRS)



### What is FEW?

Federally Employed Women (**FEW**) works for the advancement of women in Federal Government.

### MISSION:

Is to end sex and gender discrimination, to encourage diversity for inclusion and equality in the workplace, and for the advancement and professional growth of women in federal service.

### FEW's FOUR FOCUS Areas:

Compliance – Diversity – Legislation - Training

Few offers member many opportunities including:

- Training/Webinars
- Leadership Experience
- Mentoring



- Scholarships
- Legislative Advocacy
- Job Bank Access

For More information visit

[www.few.org](http://www.few.org)

Your Local Chapter is the Red River Stars (**RRS**)



# Better “U”niversity

STATUS LEVELS TO GRADUATE



## THREE TIER LEVELS FOR RECOGNITION COMPREHENSIVE AIRMAN FITNESS (CAF)



STATUS LEVELS TO GRADUATE  
Active Duty, DoD Civilian & Family Members

**WINGMAN:** Squadron recognition  
10 credit hours, Two domains minimum

**LEADER:** Group recognition  
15 Credit hours, Three domains 3 Credit hours each Domain

**WARRIOR:** Wing recognition  
20 credit hours, Four domains, 5 Credit hours each Domain

1 Class = Credit hour

Domains of resiliency are as follows:

Physical (P), Mental (M), Social (S), and Spiritual (Sp)



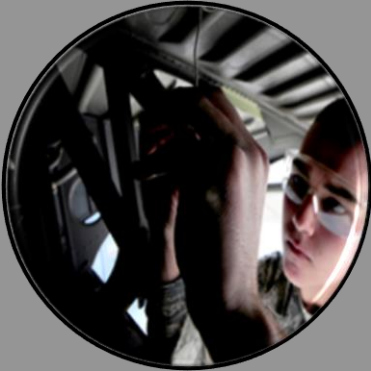




# ***Wellness = Resiliency Balancing Your Skills***



## **Comprehensive Airman Fitness (CAF)**



### **MENTAL**

Awareness  
Decision-Making  
Adaptability  
Positive Thinking



### **PHYSICAL**

Nutrition  
Endurance  
Strength  
Recovery



### **SOCIAL**

Communication  
Connectedness  
Social Support  
Teamwork



### **SPIRITUAL**

Core Values  
Perseverance  
Perspective  
Purpose

**The ability to withstand, recover and/or grow in the face of changing demands**

**Take course on Better "U"niversity or sign up for the next RTA training**



# Community Board



Federally Employed Women  
Women's History Dinner



## *2018 Theme for Women's History Nevertheless She Persisted*

*Friday, March 23, 2018*

*1130 PM – 1300 PM*

*Luby's Cafeteria*

*Pay as you go*

**RSVP To:**

**LaDonna Emory 940-855-2385**

**[ladye1020@ymail.com](mailto:ladye1020@ymail.com)**

**Point of contact:**

**Princess R Skaggs 940-733-7327**

**[skaggsprincess@gmail.com](mailto:skaggsprincess@gmail.com)**

**Hosted by: FEW Red  
River Stars Chapter 464**



**GUEST SPEAKER**

*Ms. Vanda Culler, Director Small Business Association*





# Community Board

## 80th FLYING TRAINING WING

*Strengthen Partnerships; Train NATO Fighter Pilots*



80 FTW Historian, Bill Clifton, earned an Air Force Achievement Medal during his recent deployment. He accepted the award from Col. Andrea Themely, 80 FTW Commander.

Lt Col Frank Waters, 97th Flying Training Squadron instructor pilot, recognized by Col. Andrea Themely, 80 FTW Commander, for "Exceptionally Qualified" flying status. Unique for a unit to get one or two per year, he has earned four during his certifications.



[www.facebook.com/80thflyingtrainingwing](http://www.facebook.com/80thflyingtrainingwing)

[www.facebook.com/EuroNATOJointJetPilotTraining\(ENJJPT\)](http://www.facebook.com/EuroNATOJointJetPilotTraining(ENJJPT))

[www.flickr.com/sheppardafbpublicaffairs](http://www.flickr.com/sheppardafbpublicaffairs)

[www.youtube.com/ExperienceENJJPT](http://www.youtube.com/ExperienceENJJPT) (Class 14-06 year in review)



# Community Board



## 82D FORCE SUPPORT SQUADRON

Maj. Terra Verbik 



☐ [MyAirForceLife.com](http://MyAirForceLife.com)

Arts & Crafts...Airman's Club...Bowling...Coffee Shop...Fitness Centers...Outdoor Recreation...Sheppard Club...Youth Centers...And More!



☐ [82FSS.COM](http://82FSS.COM)  
☐ [INSTAGRAM](#)  
☐ [FLICKER](#)  
☐ [ICE](#)



☐ **RETWEET!**  
☐ [@SHEPPARDFSS](#)



☐ **LIKE US!**  
☐ **SHEPPARD AFB – FORCE SUPPORT SQUADRON**







# Community Board



## 82D FORCE SUPPORT SQUADRON

Maj. Terra Verbik

**21 FEB**  **SHEPPARD CLUB**

**FIRESTONE WALKER** 4:30PM-7:00PM  
**TAP TAKEOVER**

**\$5 FLIGHTS • \$5 COLLECTIBLE GLASS**

FEATURING:  
805 BLONDE ALE • UNION JACK INDIA PALE ALE  
LUPONIC DISTORTION REVOLVING HOP SERIES  
AND NITRO MERLIN MILK STOUT



Sheppard Club, Bldg. 430  
Call 970-612-1141 for more info  
Download the MyAirForceLife App

**WATCH ULTIMATE FIGHTING AT YOUR CLUB!**

**FIGHT NIGHT**  
AN EXCITING EVENT BROUGHT TO YOU BY AIR FORCE SERVICES ACTIVITY

**UFC 221**  
INTERIM MIDDLEWEIGHT CHAMPIONSHIP  
**ROMERO vs ROCKHOLD**  
HUNT vs BLAYDES

**SHEPPARD CLUB • FEBRUARY 10**  
**DOORS OPEN AT 6PM**  
**MEMBERS-FREE • NON-MEMBERS-\$5**

Sheppard Club, Bldg. 430  
Call 970-612-1141 for more info  
Download the MyAirForceLife App

**FORCE**  
SUPPORT SQUADRON

 **SOUTH LANES VALENTINE'S BOWLING TOURNAMENTS**  
**FEBRUARY 10-11**

**Open Handicap Mixed Doubles - February 10**  
\$15 entry fee per team - open to all current USBC Members (\$38 prize fund, \$12 lineage).  
Use tournament average or highest most current league average of 21 games or more. After bowling your first tournament you will have an established tournament average.  
Handicap is 90% of 440.  
Qualify Saturday at 12pm & 2:30pm. Step ladder finale to immediately follow the last squad. Bow more than 1 squad with the same partner - only the highest score will count.  
Will pay one place for every five entries - cash.

**AIT 9 Pin No-Tap Singles - February 11**  
\$15 entry fee per person - shoes free  
Qualify Sunday at 12pm or 1:30pm.

Call 970-612-1141 for more info  
Download the MyAirForceLife App

 **be my Valentine**  
**FEB. 10**

**Wine and Dine at Ancient Ovens**  
**"An Old World Culinary Experience"**

Depart Outdoor Recreation at 2pm  
Tour Rocking M Distillery • Arché Winery Wine Tasting  
Then Ancient Ovens for Dinner

**\$100 per couple/\$60 individuals**  
sign-up with payment by February 6

Cost covers: Round trip transportation, wine tasting, four course meal w/tea & water, meat & cheese trays, water & soda and snacks provided in route

*You are welcome to pair your purchases from the distillery or winery with your meal!*

Outdoor Recreation, Bldg 4600  
Call 970-612-1141 for more info  
Download the MyAirForceLife App

**FORCE**  
SUPPORT SQUADRON

**Cocktails & Canvas**

**Red Love** **Purple Flowers** **Spring Cardinal**

**LOVE**  

**09 FEB 6-9PM** **09 MAR 6-9PM** **13 APR 6-9PM**

**\$25 PER PERSON - INCLUDES ALL PAINTS, BRUSHES & CANVAS**  
Instructor Gloria Lance provides assistance in creating your one-of-a-kind masterpiece! Program Manager Mickey Harp is available to help with getting you more paint, water or to answer any questions.  
Refreshments provided, wine or beer included for those 21 and over.  
Visit the CAC, Bldg. 430 to register as space is limited, must pay at time of registration.

CAC, Bldg. 430  
Call 970-612-1141 for details  
Download the MyAirForceLife App

**FORCE**  
SUPPORT SQUADRON



# Community Board



## 82D FORCE SUPPORT SQUADRON

Maj. Terra Verbik



**MADRIGAL YOUTH CENTER**

**PARENTS NIGHT OUT**

6PM - 11PM  
\$20 MEMBERS  
\$24 NON-MEMBERS  
Ages 5 (in Kindergarten) - 14

Join us for an evening of games, activities & fun! Snack will be provided.

**IP** Youth Center, Bldg 196  
940-676-5437 for more info  
Download the MyAirForceLife App

**FORCE** SUPPORT SQUADRON

**20 JAN**  
**24 FEB**  
**17 MAR**  
**21 APR**  
**19 MAY**  
**16 JUN**



— (CHILD DEVELOPMENT CENTER) —

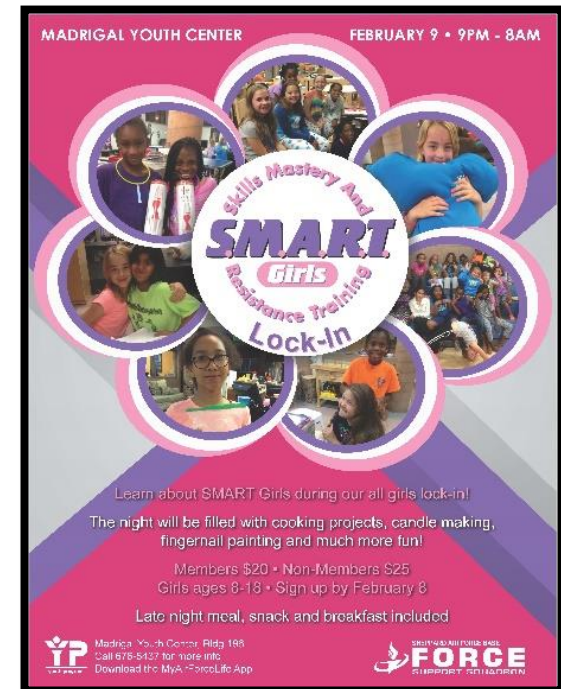
**GIVE PARENTS A BREAK**

**FEBRUARY 24 • 6PM - 11PM**  
**\$20 Per Child or EFMP Certificate**

Sign up for parents with certificates and hourly parents will start on February 12 from 6am - 6pm. If you are new to the program, paperwork is available at the CDC and EFMP certificates can be requested through A&FRC.  
**Register by February 23.**

**CDC** Child Development Center, Bldg. 196  
Call 676-2038 for more information  
Download the MyAirForceLife App

**FORCE** SUPPORT SQUADRON



**MADRIGAL YOUTH CENTER** **FEBRUARY 9 • 9PM - 8AM**

**Skills Mastery And SMART Girls Resistance Training Lock-In**

Learn about SMART Girls during our all girls lock-in!  
The night will be filled with cooking projects, candle making, fingernail painting and much more fun!

Members \$20 • Non-Members \$25  
Girls ages 8-18 • Sign up by February 8  
Late night meal, snack and breakfast included

**IP** Madrigal Youth Center, Bldg 196  
Call 676-5437 for more info  
Download the MyAirForceLife App

**FORCE** SUPPORT SQUADRON



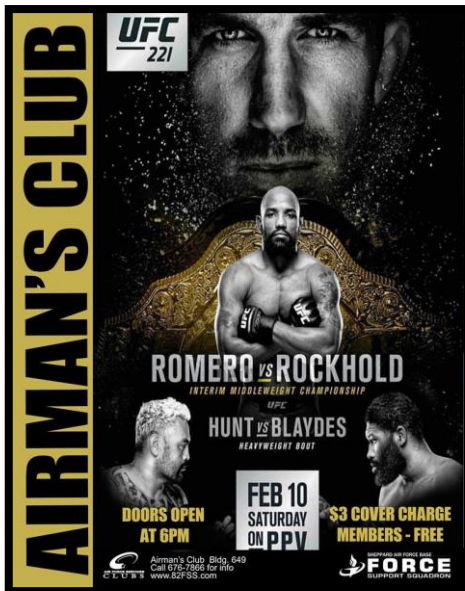


# Community Board



## 82D FORCE SUPPORT SQUADRON

Maj. Terra Verbik



Airman's Club  
Bldg. 649



# Community Board



## AIRMAN & FAMILY READINESS CENTER

Mrs. Michelle Schroeder

### Heart & Link Spouse Tour



You are the Heart of your Military Family.

Please join us for a day full of information and fun!

At the end of Heart Link you will have increased awareness of the Air Force mission, how you and your family fit in, and have more knowledge of the resources and services available to you. The day will include briefings from base agencies, tour of the base, tour of Wichita Falls and **lunch at a local restaurant will be provided.** Plus, it's a great way to meet new people and make new friends.

**Wednesday, February 21, 2018**

**Arrival time: 0830**

**Departure time: 1430**

**Airman & Family Readiness Center, Bldg 960**





**Please call 940-676-4358**

**to reserve your spot.**

**Ask for information on child care options.**



### Airman & Family Readiness Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>709 9th Ave Bldg 960 Sheppard AFB 940-676-4358</b>	<b>A&amp;FRC Playroom is open Mon-Thur 0730-1700 Fri 0900-1630</b>	<b>Study Skills &amp; Test Taking EVERY Tuesday @ 0800 Tuesday @ 1530 Thursday @ 1530 Call 676-4358</b>	<b>Need to talk to someone? The MFLC is available by calling 940-781-6531</b>	1	<b>2 Groundhog Day</b> 	3
<b>4 Super Bowl LII</b> 	5	6	<b>7 01-02 Financial Brief / 0900-1000</b>	<b>8 Initial Key Spouse Training / 0830-1330</b>	9	10
11	<b>12 Sheppard START / 0800-1200 / Solid Rock Café Parents &amp; Tot's Adventure Time &amp; Craft / 1000-1100</b>	<b>13 Smooth Move / 0900-1000 Emotions &amp; Your Body / 1100-1200</b>	<b>14 Valentine's Day</b> 	15	16	17
<b>TAP Workshop February 12-16</b>						
18	<b>19 HOLIDAY</b> 	20	<b>21 Heart Link / 0830-1430 USAJobs Workshop / 1300-1400</b>	<b>22 Troops to Teachers / 1030-1130</b>	23	24
<b>25</b> 	<b>26 BRS, TSP, High 3: What Do They Mean to Me? / 1130-1230</b>	<b>27 Bundles for Babies / 0830-1130 Debit/Credit Management / 1130-1230</b>	<b>28 1 March BRS, TSP, High 3: What Do They Mean to Me? / 1130-1230</b>	<b>Military Saves Week (February 26-March 3)</b>		





# Community Board



## *Our Lady of the Skies Catholic Community*

Mass is offered Sundays @ 0900  
Daily Mass Monday through Thursday @ 1130  
Chapel, Avenue E and 8<sup>th</sup> Avenue

Sunday Classes for Children and Adults @ 1030  
Spiritual Development Center  
Avenue J & 1<sup>st</sup> Avenue  
Sheppard Air Force Base

Contact: <mailto:jessica.hartman.2.ctr@us.af.mil>  
940-676-7280

facebook @ *Our Lady of the Skies Sheppard AFB  
Catholic Community*



# Community Board



## *Our Lady of the Skies*

### *Catholic Community In February*

2 February- First Friday Mass and Adoration of the  
Blessed Sacrament at 1730

11 February Holy Anointing of the Sick Mass at 0900

13 February- Evening Prayer at 1730 followed by  
Mardi Gras Community Fellowship Meal

14 February- Ash Wednesday Mass at 1130 & 1730

16 February- Stations of the Cross and Soup at 1730

23 February- Stations of the Cross and Soup at 1730



# Chapel Consolidated Base Holy Day Observances - Spring 2018

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## **CATHOLIC**

Lenten Penance Service  
19 March, 1730 at the Chapel

Palm Sunday of the Passion of the  
Lord Mass  
25 March, 0900 at the Chapel

Holy Thursday of the Lord's Supper  
Mass  
29 March, 1800 at the Chapel

Good Friday Stations of the Cross  
Enactment  
30 March, 1600 at the Chapel

Good Friday of the Passion of the  
Lord Service  
30 March, 1730 at the Chapel

Easter Vigil Mass  
31 March, 1930 at the Chapel

Easter Sunday of the Resurrection  
of the Lord Mass  
1 April, 0900 at the Chapel

## **PROTESTANT**

Ash Wednesday  
14 February, 1700 at the SRC

Easter "SON-rise" Service  
31 March, 0645 at the SRC Parking  
Lot,  
Followed by a FREE Continental  
Breakfast (PMOC)

Easter Sunday  
1 April, 1100 at the SRC -  
Contemporary Worship Service  
FREE FELLOWSHIP MEAL after  
service

1 April, 1100 at the Chapel - Gospel  
Worship Service

\*OPEN TO EVERYONE\*  
Messianic Jewish Passover Seder  
30 March, 1730-2130 at SRC  
Kitchen  
RSVP REQUIRED BY 15 MARCH  
LIMITED SEATING  
Non-refundable Fee: \$10 Adults -  
\$5 Children

## **LATTER-DAY SAINTS**

General Conference  
1-2 April, 1000-2100 at the SDC

## **JEWISH**

Passover Service  
2 April, 1700 at the SRC

## **SEVENTH-DAY ADVENTIST**

Easter Service  
1 April, 1030 at the Chapel

## **GREEK ORTHODOX**

Easter Service  
10 April, 1900 at the SRC

## **Buildings:**

Solid Rock Café/SRC – Bldg 450  
Chapel – Bldg 810

**For More Info Call:**  
**940.676.0014**



# Community Board



## ARMY & AIR FORCE EXCHANGE SERVICE

Mr. Daniel E. Wise



EARN A **\$20** EXCHANGE GIFT CARD  
JANUARY 27 - FEBRUARY 14, 2017

WITH ANY BEAUTY PURCHASE OF \$100  
OR MORE WITH MILITARY STAR.

EARN 2 POINTS FOR EVERY \$1 SPENT\*  
AUTOMATICALLY RECEIVE A \$20 REWARDS CARD  
WITH 2000 POINTS

Valid January 27 - February 14, 2017 at any Army & Air Force Exchange Service facility and [shopmyexchange.com](http://shopmyexchange.com). This offer is limited to cosmetics, fragrances, bath and body, hair care, skin care, nail products and sunglasses. Limit one gift card offer per single transaction of \$100 or more on qualifying items. Cannot be combined with any other offer. No cash redemption value. Excludes prior purchases, layaways, special orders, concessionaires, Exchange Online Mall, and NEX, MCX, CGX and MAC facilities.  
\*Rewards exclude military clothing line of credit.



  
PyeongChang 2018  
Bound for glory.  
Stream the Winter Olympics.  
Feb. 8-25, 2018.

This benefit is provided to current U.S. Military service members and honorably-discharged Veterans by Comcast NBCUniversal, and in partnership with your local Cable, Satellite, dMVPD, and Telco providers.

Visit [shopmyexchange.com](http://shopmyexchange.com) for details.

**THE WINTER OLYMPICS**  
FEB 8-25



  
EXCHANGE  
 [NBCOLYMPICS.COM](http://NBCOLYMPICS.COM)





# Community Board



## DEFENSE COMMISSARY AGENCY

Mr. Vernon Knibbs



### February 04- Big Game Day

- ☐ Your Commissary has everything you will need for your Big Game Day party
- ☐ AAFES Military Star Card is now accepted at the commissary
- ☐ Deadline for Scholarship for Military Children February 16



# Community Board

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## 82D MEDICAL GROUP

Col Kelly-Rank

### Take Command: Urgent Care is Now Easier to Access!

As of Jan 1, 2018, most TRICARE Prime enrollees no longer need a referral for urgent care visits and point of service changes no longer apply for urgent care claims. This change replaces the previous policy which waived referrals for the first two urgent care visits per year. Active duty service members (ADSMs) should continue to visit military hospitals and clinics for care. ADSMs enrolled in TRICARE Prime Remote who do not live near a military hospital or clinic do not need a referral when seeking an urgent care visit.

Urgent Care is care you need for a non-emergency illness or injury requiring treatment within 24 hours. Examples of urgent care conditions include a sprain, rising temperature or sore throat. It isn't an emergency and doesn't threaten life, limb or eyesight. If you're unsure whether to seek urgent care, call the 24/7 Nurse Advice Line at 1-800-TRICARE (874-2273)-Option 1. You'll speak with a registered nurse who can answer your questions and give advice. The nurse can also assist you in finding a provider and scheduling an appointment.

If you need care after hours, while traveling or if your primary care manager is unavailable, urgent care is a great option. Contact your regional contractor to help you find an appropriate urgent care facility or provider. You may also use the TRICARE provider search tool @ <https://tricare.mil/FindDoctor>.

Any TRICARE Overseas Prime enrollees requiring urgent care while TDY or on leave status in the 50 United States and the District of Columbia, may access urgent care without a referral or an authorization, but the ADSMs must follow-up with their PCM in accordance with applicable DoD and Service regulations concerning ADSM care outside MTFs.

This is your benefit! Learn more about the changes @ <https://www.tricare.mil/changes> and take command of your health!

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# Community Board

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## 82D MEDICAL GROUP

Col Kelly-Rank

### Local Urgent Care Facilities

- CommunityMed Urgent Care - 3310 Midwestern Parkway; Phone (940) 488-4616
  - Clinics of North Texas ClinicCare - 501 Midwestern Parkway; Phone (940) 766-3551
  - Kell West Family Practice Urgent Care - 4412 Kell Blvd; Phone (940) 696-0011
  - United Regional Health Care System CarePlus - 4327 Barnett Road; Phone (940) 764-5200
  - Community Health Care Center Today Care - 200 Martin Luther King Jr Blvd; (940) 766-6306
-



# Community Board



## **FREE Car Seat Installations/Checks**



**By appointment only:**

15 February or 15 March

Bldg. 634

**Sheppard AFB Family Advocacy Program and Wing Safety!**

**(940)-676-2271**



[fb.me/sheppardfamilyadvocacy](https://fb.me/sheppardfamilyadvocacy)



**CAR SEAT  
SAFETY  
MATTERS**



# Community Board

## 82 MDOS/FAMILY ADVOCACY

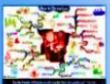
Ms. Tiffany Esparza, FAOM



**Story Time at the Commons:** Thursdays from 1000-1130. Read a story, do a craft and have a snack.

**Anger Awareness in Family Systems:** This one hour course will focus on identifying the "Cycle of Anger" from its trigger to its outcomes. Understand how anger starts, how it may affect family and gain tools to cope with it in a healthy way.

*+ Offered on a monthly basis*



**Stress Awareness in Family Dynamics:** This one hour course will focus on identifying stress, how it may impact family dynamics and effective ways to manage it.

*+ Offered on a monthly basis*

**Effective Communication:** This one hour course focuses on general communication skills. Could be beneficial for couples and individuals that are having a hard time communicating in relationships and at work.

*+ Offered on a monthly basis*



**Kids will be Kids:** Parenting basics: 1 hour class to provide information on parenting styles, what is "normal" for children, (+) and (-) consequences, and to encourage communication between parent and child.

*+ Offered on a monthly basis*

**Genuine Relationships:** This is a 1 hour class. This class is to learn about the Relationship Attachment Model to identify characteristics of difficult partners in dating relationships, define what makes a relationship safe and much more. All ages welcome.

*+ Offered on a monthly basis*



**Car Seat Check Point** from 0830-1200 by appointment only.

*+ Every 3rd Thursday of the Month*

**Participation in Bundles of Babies presentation.** Discuss Shaken Baby Syndrome, safe sleep and ways to calm a baby. Give up to date information for expecting families.

*+ Every 3rd Tuesday of the Month*



**Love and Logic:** 6 module seminar that provides simple and particular techniques to help parents with children of all ages. This is offered over a Four week period of time, classes being 1 hour and 30 minutes long.

*+ Offered once a quarter*

**Active Parenting of teens:** This is a 6 module seminar taken over a four week period of time, classes being 2 hour and in length. This class is to provide information for parenting teens and preteens. Could be beneficial for biological parents, step parents, foster parents and adoptive parents.

*+ Offered once a quarter*



**5 roadmaps in Parenting and Divorce:** You will learn 5 prevention steps: Step 1. Keep your child out of the middle. Step 2. Allow your child to love both parents. Step 3. Work on your own recovery. Step 4. Develop new communication skills. Step 5. Create a new relationship as co-parents.

*+ Offered once a quarter*

**DADS: Basics:** This is a 3 module seminar taken once over a three week period of time, classes being 2 hour in length. This class is to give information and support to fathers who are expecting. This class may be beneficial to fathers who already have children as well to come share their experiences, offer support and receive support.

*+ Offered once a quarter*



This is a 5 module seminar taken once over a Five week period of time, classes being 1 hour and 30 minutes to 2 hours in length. This class is to teach couples the Relationship Attachment Model (RAM) and how to apply it in their relationship to enhance and better the relationship.

*+ Offered once a quarter*



# Community Board

## 82d AMDS/HEALTH PROMOTION Saralauren Peacock, Registered Dietitian 940-676-6003/5831



Are you looking for motivation to improve your lifestyle? Join us for the Sheppard AFB Biggest Loser Challenge. This is not only for those who wish to lose weight, but also for those who want to lead an overall healthier lifestyle.

Winners will be chosen off of a point system. Criteria is as follows:

- Percentage of Weight Lost
- Bod Pod Assessment Changes
- Exercise Classes Attended
- Nutrition Classes Attended
- Participation in Various Activities throughout Challenge\*

Individual weights are confidential; team total weights may be displayed. Prizes and base recognition will be awarded to the top three teams. Grab your friends (teams of 4) and join us for the challenge starting on 16 January!

Available to all Sheppard AFB members, civilians, contractors, and families, ages 18 and over.

**You must pre-register by contacting AMDS Health Promotion**

### MARK YOUR CALENDARS!

- Sign up **TODAY** through 12 January
- First weigh-in will be scheduled the week of 8 January
- Last weigh in will be scheduled the week of 29 March
- 11 week contest (16 January–30 March)

Ms. Saralauren Peacock, 676-6003, sara.l.peacock4.ctr@mail.mil

Mr. Jim Martin, 676-5831, james.h.martin84.civ@mail.mil







# ***Community Board***



**82 AMDS PUBLIC HEALTH**

## **Traveling Out of Country?**

**Visit Public Health 6 Weeks Prior to Departure  
For Vaccine and Medicines Needed Before Travel  
Plus Tips on How to Stay Healthy and Safe!**

**Contact us at 940-676-3052/1874.**



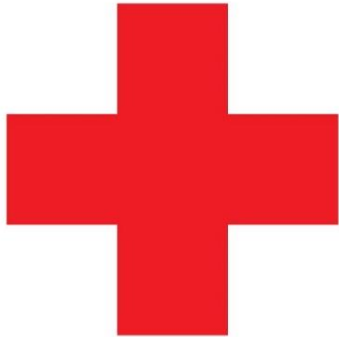
# Community Board



*Give blood.*

More than 41,000 blood donations  
are needed in the U.S. every day.

**American Red Cross**



**Wichita Falls Chapter Office**

**Blood Drive**

**Monday, February 19<sup>th</sup>, 2018**

**11 am - 6 pm**

**1809 5<sup>th</sup> Street**

**Wichita Falls, Texas 76301**

**940-322-8686**

**All presenting donors will receive a Red Cross T-Shirts  
while supplies last.**

1-800-RED CROSS | 1-800-733-2767 | [redcrossblood.org](http://redcrossblood.org) | Download the Blood Donor App

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## Reconnection Workshops

Helping the Military, Veterans and their Families  
Readjust to Civilian Life



A free and confidential program from the American Red Cross, Reconnection Workshops help service members, veterans and their families returning home to friends, jobs and their communities. Skill-enhancing modules are offered in small groups, and participants can choose from a variety of topics, such as:

- Dealing with stress
- Coping with depression
- Communicating clearly
- Supporting children
- Managing conflict

Reconnection Workshops are open to active duty service members, National Guard and Reservists, as well as veterans, families and friends. To schedule or attend a workshop, please visit [redcross.org/reconnectionworkshops](http://redcross.org/reconnectionworkshops), or email [reconnection@redcross.org](mailto:reconnection@redcross.org).





# Community Board



## SHEPPARD OFFICERS SPOUSES PAGE

The Sheppard OSC Scholarships completed applications are due March 2018.

The Sheppard OSC gives over \$30,000 in monetary educational scholarships to eligible individuals to commend community involvement and self-improvement. Eligible applicants may apply to one of the following three categories: High School Graduates, Continuing Education Students or Spouses. Eligibility details are included on the applications.

Go to [sheppardosc.org/scholarships](http://sheppardosc.org/scholarships) for more information.

- Facebook Page - <https://www.facebook.com/SheppardOSC/>
- Website - [www.sheppardosc.org](http://www.sheppardosc.org)
- Email – [soscinfo@gmail.com](mailto:soscinfo@gmail.com)



# Community Board



## SHEPPARD ENLISTED SPOUSES PAGE

- **Socials are 2<sup>nd</sup> Tuesday of the Month**
- **Facebook Page -**  
<https://www.facebook.com/SheppardEnlistedSpousesClub>
- **Website - [www.sheppardenlistedspousesclub.org](http://www.sheppardenlistedspousesclub.org)**
- **Email – [sheppardesc@yahoo.com](mailto:sheppardesc@yahoo.com)**

### Sheppard Enlisted Spouses' Club

**Are you looking for a way to get involved at Sheppard AFB?**

**Are you an enlisted spouse?**

**Do you love to have a good time with friends?**

**If so, join us on the 2<sup>nd</sup> Tuesday of every month!**

Check out our Facebook for all the details:  
<http://www.facebook.com/SheppardEnlistedSpousesClub>

**All enlisted spouses from all branches, AIT spouses, and retirees are welcome to join the Sheppard Enlisted Club. Your first social is complimentary, and we would love to meet you!**

\*Childcare is provided based on location of social for those with deployed, TDY or working spouses. Please inquiry via the Evite for childcare needs. \$1.00 per child

Visit: [www.sheppardenlistedspousesclub.org](http://www.sheppardenlistedspousesclub.org)



# Community Board



Workforce Solutions North Texas is proud to serve our local military families with a variety of services, including job search assistance, resume writing, interview skills, and a broad spectrum of services and training offered upon eligibility.

- Are you a Veteran?
- A Military Spouse?
- A dependent of an Active Duty member?
- Stationed at Sheppard Air Force Base?
- In search of employment?

Please contact Military Spouse Support Liaison, Heather Santana, at 940-322-1801 ext. 130 or [Heather.Santana@ntxworksolutions.org](mailto:Heather.Santana@ntxworksolutions.org)

Veterans and dependents contact our office at 940-322-1801



A proud partner of the [americanjobcenter](http://americanjobcenter.org)® network

Workforce Solutions North Texas is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. Relay Texas: (800)735-2989 (TDD) or (800)735-2988(Voice) or 711



# Community Board



## SHEPPARD THEATER

Thu, Feb 1	Downsizing	(R)	1900	\$2 Night
Fri, Feb 2	Lady Bird	(R)	1900	
Sat, Feb 3	Insidious: The Last Key	(PG-13)	1400	
	Molly's Game	(R)	1700	
	Lady Bird	(R)	2000	
Sun, Feb 4	All the Money in the World	(R)	1500	
Feb 5-7	Closed			
Thu, Feb 8	Molly's Game	(R)	1900	\$2 Movie
Fri, Feb 9	Insidious: The Last Key	(PG-13)	1900	
Sat, Feb 10	Paddington 2	(PG)	1400	
	The Commuter	(PG-13)	1630	
	Proud Mary	(R)	1900	
Sun, Feb 11	Paddington 2	(PG)	1500	
Feb 12-14	Closed			
Thu, Feb 15	ENJJPT Graduation			
Fri, Feb 16	ENJJPT Graduation			



Go on the link for more information! <http://www.aafew.com/exchange-stores/Movie-Guide/showtimes-Sheppard-AFB-htm>



# ***Community Board***



## **SHEPPARD AFB VETERINARY TREATMENT FACILITY**

### **HOURS OF OPERATION**

**940-676-6883 • By appointment only; hours subject to change**

- **Monday • Clinics and Retail • 0800-1600**
- **Thursday and Friday • Retail Only • 0800-1600**



### **SERVICES**

- **Vaccinations, Heartworm Tests, Fecal Tests, Deworming, microchipping and laboratory testing**

### **RETAIL**

- **We sell many over-the-counter products and preventatives (heartworm, flea and tick.)**

### **PCSING?**

- **We are the subject matter experts on pet international travel and charge a fraction of the cost of only \$37.**

**Sheppard AFB VTF is only authorized to provide services to active and retired military personnel.**